

## CLAIMS

What is claimed is:

1. A treadmill, comprising:  
a frame;  
a treadbase coupled to the frame enabling a user to exercise thereon; and  
a console movably linked to the frame, wherein the height of the console is adjustable.
2. The treadmill of claim 1, wherein the height of the console can be adjusted manually.
3. The treadmill of claim 1, wherein console is configured to change its height based on user parameters.
4. The treadmill of claim 1, wherein the console is configured to change its height based on the height of the user standing on the treadbase.
5. The treadmill of claim 1, wherein the console is configured to change its height based on the height of a particular user feature.
6. The treadmill of claim 1, wherein the console is configured to change its height automatically.

7. The treadmill of claim 6, wherein the console is configured to change its height automatically when user steps on treadbase.

8. The treadmill of claim 6, wherein the console is configured to change its height automatically when the slope of the treadbase is adjusted.

9. The treadmill of claim 1, further comprising a plurality of indicia to indicate the height of the console.

10. The treadmill of claim 8, wherein the indicia include a plurality of lights.

WORKMAN NYDEGGER  
A PROFESSIONAL CORPORATION  
ATTORNEYS AT LAW  
1000 EAGLE GATE TOWER  
60 EAST SOUTH TEMPLE  
SALT LAKE CITY, UTAH 84111

11. A self-adjusting treadmill, comprising:
- a frame having an upright member; ✓
- a treadbase coupled to the frame enabling a user to exercise thereon; and
- a console movably linked to the upright member of the frame, wherein the height of the console is adjustable based on a user parameter.
12. The treadmill of claim 11, further comprising console support members.
13. The treadmill of claim 12, wherein the console is coupled to the console support members.
14. The treadmill of claim 13, wherein the console interacts with the console support members to change its height.
15. The treadmill of claim 14, wherein the console support members include a rack.
16. The treadmill of claim 15, wherein the console includes at least one gear.
17. The treadmill of claim 16, wherein the console includes a plurality of gears.

18. The treadmill of claim 17, wherein the plurality of gears of the console engages the rack of the console support members such that movement of the gear changes the height of the console.

19. The treadmill of claim 11, wherein the console support members each include a slot.

20. The treadmill of claim 19, wherein the console includes flanges that are positioned in the slots of the console support members such that uniform and consistent movement of console is achieved.

21. A self-adjusting treadmill, comprising:

- a frame having an upright member and one or more console support members;
- a treadbase coupled to the frame enabling a user to exercise thereon; and
- a console movably coupled to the one or more console support members,

wherein the height of the console is adjustable from a first operational position to a second operational position.

22. The self-adjusting treadmill of claim 21, further comprising a height sensor.

23. The self-adjusting treadmill of claim 22, wherein the height sensor detects the height of a user standing on the treadbase.

24. The self-adjusting treadmill of claim 22, wherein the height sensor includes a light source.

25. The self-adjusting treadmill of claim 24, wherein the light source emits light to detect height of the user standing on the treadbase.

26. The self-adjusting treadmill of claim 25, wherein the light source detects the height of the user by reflecting light from the user.

27. The self-adjusting treadmill of claim 24, further comprising a light sensor.

28. The self-adjusting treadmill of claim 27, wherein the light sensor senses user height by detecting the transition from reflected light to non reflected light.

29. The self adjusting treadmill of claim 28, wherein the height sensor starts at a default position to detect the height of the user.

30. The self adjusting treadmill of claim 29, wherein the default position of the height sensor is the upper most height of the sensor and the sensor moves in the downwards direction until the height of the user is detected..

31. The self-adjusting treadmill of claim 30, wherein the default position of the treadmill is its lowest height and the sensor moves in an upward direction until the height of the user is detected.

32. The self-adjusting treadmill of claim 28, wherein the height sensor starts at the current height position to detect the height of the user.

33. The self-adjusting treadmill of claim 32, wherein the height sensor moves in an upward direction is the heights sensor detects reflected light at its starting position and moves in a downward direction if the height sensor does not detect reflected light at its starting position.

34. The self-adjusting treadmill of claim 27, wherein movement of the height sensor is simultaneous with movement of the console.

35. The self-adjusting treadmill of claim 27, wherein movement of the console needed to sense the height of the user.

36. The self-adjusting treadmill of claim 35, wherein the angle at which the height sensor is positioned is configured such that when the user height is detected the height of the console is set by stopping movement of the console.

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ATTORNEYS AT LAW  
1000 EAGLE GATE TOWER  
60 EAST SOUTH TEMPLE  
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37. A treadmill, comprising:

a frame;

a treadbase coupled to the frame enabling a user to exercise thereon; and

a motorized console assembly movably linked to the frame,

38. The treadmill of claim 37, wherein the height of the motorized console assembly is adjustable.

39. The treadmill of claim 37, the motorized console assembly is configured to read the height of the user.

40. The treadmill of claim 37, the an initial height of the console is determined utilizing preset adjustments.

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60 EAST SOUTH TEMPLE  
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